



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 09041, Bananas, dehydrated, or banana powder

Report Date: June 29, 2017 22:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 6.2g
Proximates						
Water	g	3.00	--	--	3.00	0.19
Energy	kcal	346	--	--	346	21
Energy	kJ	1448	--	--	1448	90
Protein	g	3.89	--	--	3.89	0.24
Total lipid (fat)	g	1.81	--	--	1.81	0.11
Ash	g	3.02	--	--	3.02	0.19
Carbohydrate, by difference	g	88.28	--	--	88.28	5.47
Fiber, total dietary	g	9.9	--	--	9.9	0.6
Sugars, total	g	47.30	--	--	47.30	2.93
Minerals						
Calcium, Ca	mg	22	--	--	22	1
Iron, Fe	mg	1.15	--	--	1.15	0.07
Magnesium, Mg	mg	108	--	--	108	7
Phosphorus, P	mg	74	--	--	74	5
Potassium, K	mg	1491	--	--	1491	92
Sodium, Na	mg	3	--	--	3	0
Zinc, Zn	mg	0.61	--	--	0.61	0.04
Copper, Cu	mg	0.391	--	--	0.391	0.024
Manganese, Mn	mg	0.574	--	--	0.574	0.036
Selenium, Se	µg	3.9	--	--	3.9	0.2
Vitamins						
Vitamin C, total ascorbic acid	mg	7.0	--	--	7.0	0.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 6.2g
Thiamin	mg	0.180	--	--	0.180	0.011
Riboflavin	mg	0.240	--	--	0.240	0.015
Niacin	mg	2.800	--	--	2.800	0.174
Vitamin B-6	mg	0.440	--	--	0.440	0.027
Folate, total	µg	14	--	--	14	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	14	1
Folate, DFE	µg	14	--	--	14	1
Choline, total	mg	19.6	--	--	19.6	1.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	--	--	12	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	101	--	--	101	6
Carotene, alpha	µg	96	--	--	96	6
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	248	--	--	248	15
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	84	--	--	84	5
Vitamin E (alpha-tocopherol)	mg	0.39	--	--	0.39	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.0	--	--	2.0	0.1
Lipids						
Fatty acids, total saturated	g	0.698	--	--	0.698	0.043
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.001	--	--	0.001	0.000
10:0	g	0.005	--	--	0.005	0.000
12:0	g	0.006	--	--	0.006	0.000
14:0	g	0.013	--	--	0.013	0.001
16:0	g	0.473	--	--	0.473	0.029

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 6.2g
18:0	g	0.023	--	--	0.023	0.001
Fatty acids, total monounsaturated	g	0.153	--	--	0.153	0.009
16:1 undifferentiated	g	0.045	--	--	0.045	0.003
18:1 undifferentiated	g	0.102	--	--	0.102	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.337	--	--	0.337	0.021
18:2 undifferentiated	g	0.211	--	--	0.211	0.013
18:3 undifferentiated	g	0.126	--	--	0.126	0.008
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.171	1	--	0.171	0.011
Isoleucine	g	0.167	1	--	0.167	0.010
Leucine	g	0.359	1	--	0.359	0.022
Lysine	g	0.162	1	--	0.162	0.010
Methionine	g	0.074	1	--	0.074	0.005
Cystine	g	0.063	1	--	0.063	0.004
Phenylalanine	g	0.201	1	--	0.201	0.012
Tyrosine	g	0.121	1	--	0.121	0.008
Valine	g	0.282	1	--	0.282	0.017
Arginine	g	0.176	1	--	0.176	0.011
Histidine	g	0.333	1	--	0.333	0.021
Alanine	g	0.222	1	--	0.222	0.014
Aspartic acid	g	0.503	1	--	0.503	0.031
Glutamic acid	g	0.399	1	--	0.399	0.025
Glycine	g	0.190	1	--	0.190	0.012
Proline	g	0.229	1	--	0.229	0.014
Serine	g	0.226	1	--	0.226	0.014

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 6.2g
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0